



Bradley County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bradley County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Bradley County School System that includes:

- School Health Advisory Committee
- Sixteen Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$604,169

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Tennessee Department of Health-
Project Diabetes | ➤ American Dietetic Association
School
Nutrition Services practice group |
| ➤ Tennessee Department of Health-
Nutrition, Physical Activity,
and Obesity | ➤ Cleveland Interagency Council |
| ➤ Tennessee Regional Health
Department-
Dental Services | ➤ Community Action Network |
| ➤ Lee University | ➤ Bradley County Health Department |
| ➤ Bradley County Healthy
Community Initiative | ➤ Bradley County Health Council |
| ➤ Eaton Electrical Corporation | ➤ One Life One Choice |
| ➤ Scott's Bicycles | ➤ Civitan Club |
| ➤ HealthWorks | ➤ Rotary Club |
| ➤ State of TN- Dept of
Environment and
Conservation, Recreation
Educational Services | ➤ National Center For Youth Issues |
| ➤ Beanstalk Journeys | ➤ GRAAB Coalition-
(Going Respectfully Against
Addictive Behaviors) |
| ➤ EPPC Global Management | ➤ AUDIO C
(Against Underage Drinking in Our
Community) |
| | ➤ Chick-fil-A |
| | ➤ Smoothie King |
| | ➤ Deli- Boys Subs |
| | ➤ Subway |
| | ➤ Charleys |
| | ➤ Applebees |

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| ➤ Fazolis | ➤ Ronald McDonald Charities of |
| ➤ Dixie Produce | ➤ Greater Chattanooga |
| ➤ Coke Distribution | ➤ Tennessee Dept. of Health- |
| ➤ Cooke's Food Store | ➤ Southeast Region |
| ➤ BiLo Grocery Store | ➤ Big City University |
| ➤ Mayfield Dairy | ➤ New Hope Crisis Pregnancy Center |
| ➤ Rebecca J's Restaurant | ➤ Bradley County Community |
| ➤ Cleveland Family YMCA | ➤ Advisory Board |
| ➤ Skyridge Medical Center | ➤ Bradley/Cleveland Public |
| ➤ Medical Center Pharmacy | ➤ Education Foundation |
| ➤ Southern Adventist | ➤ United Way of Bradley County |
| ➤ University | ➤ Tendercare |
| ➤ Heart Wise Ministries | ➤ Erlanger Medical Center |
| ➤ RUSH | ➤ Bradley/Cleveland Mayor's Coalition |
| ➤ Blue Cross Blue Shield | ➤ Soup n Such Deli |
| ➤ Bradley Co. Ministerial | ➤ Caldwell Paving |
| ➤ Association | ➤ Central Asphalt |
| ➤ CSH SHAC | ➤ Vulcan Rock |
| ➤ Cleveland State Community | ➤ Publix grocery store |
| ➤ College | ➤ Time2Save Coupon business |
| ➤ Quiznos | ➤ J103 Radio station |
| ➤ Southeast Regional Child | ➤ Tennessee Technological University |
| ➤ Nutrition Supervisors | ➤ Mayors' Coalition |
| ➤ Lions Club | ➤ PE4life.org |
| ➤ American Heart Association | ➤ Mark Vanderpool-grant writer |
| | ➤ JC Bowman- grant writer |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as School Health Advisory Council, Staff Coordinating Council, Healthy School Teams, Health Screenings, Health Fairs, Healthy Fundraising Activities. Currently, 487 parents are collaborating with CSH;

Students have been engaged in CSH activities such as Student Health Councils, Healthy School Teams, Student health screenings (HOSA students), Art design for health marketing, Creating and Filming health messages for school TV shows, taste testing of new school menu items, designing of school health website, designing of CSH promotional video. Approximately 187 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Bradley County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 16,358 students screened and 2535 students referred;

Students have been seen by a school nurse and returned to class – 141,385 (Aug 2008-May 2011);

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 2009/10: 38.9% (down 1.9% compared to 07/08 data) 2010/11: 39.7% (down .1% compared to 08/09 data);

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking trail materials, curriculum, climbing walls, fitness equipment, heart rate monitors, electronic gaming equipment, action based learning equipment, salad bars, Spin bikes, health education teaching tools, health themed elementary fiction books;

Professional development has been provided to school health staff including physical education teachers, school counselors, nurses, classroom teachers, and administrators. Examples include PE4life Academy Training- Indianapolis, IN, Action Based Learning- Jean Blaydes Madigan, GeoFitness- Dr. JoAnne Owens-Nauslar, Fitnessgram 101/Fitnessgram Testing/Fitnessgram web-based program, Take 10!, Michigan Model Comprehensive Health Education, Second Step, Low-Ropes Fitness Training, TAPHERD, TN School Nurses Association, National School Nurses Association, American Dietetic Association, Tennessee School Health Association, Rural Health of TN Association, Healthy Choice for Youth Summit, National Healthy Minds/Strong Bodies Conference, Coordinator completed Certificate of Training in Childhood and Adolescent Weight Management through the American Dietetic Association in November 2007;

School faculty and staff have received support for their own well-being through Weight Watchers At Work programs, quarterly staff health newsletters, staff health fairs, staff healthy luncheons, staff health promotion bag (fast food facts, pedometer, etc), school site health screenings, school site flu shots, YMCA fitness classes, before/after school fitness classes, walking tracks at schools, action based learning and Take 10! training, CSH promotion of local fitness activities (bike races and 5k races).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model comprehensive health education curriculum adoption, comprehensive health education curriculum integrated in wellness policy, ongoing professional development for counselors, physical education teachers, nurses, health education pacing guides for school nurses, health education component added to physical education pacing guides, health education on elementary menus monthly, Project Diabetes- health educator, school site health fairs, school morning show health video broadcasting, health education themed fiction books in elementary libraries, health education teaching tools provided (food guide pyramid banners, fat chunks, and clogged artery models);

- Physical Education/Physical Activity Interventions – physical education4life Academy Training, K-12 physical education pacing guides adopted, physical education Walk-through evaluation forms, Fitnessgram (web-based), technology in physical education (heart rate monitors, pedometers), ongoing professional development, Action Based Learning in classrooms (K-12), Action Based Learning Labs (4 pilot schools), Take 10!, 9 paved school walking tracks, gaming technology (Wii's, DDR, Xavix, etc), low ropes course, Rock Walls, middle school fitness room, Exergame Sport Wall, Spin Cycles, outdoor bicycle class, elective physical education classes in high school, Blue Cross Blue Shield Walking Works for Schools;
- Nutrition Interventions – new wellness policy (foods inside/outside cafeteria), menu review by dietitian, Fresh Fruit and Vegetable grant, Go, Slow, Whoa, parent information provided, Core E Apple- School Health Mascot at schools, CATCH Kids Clubs in 11 after-school program sites, professional development for CATCH, community coupon class, new grab and go (healthy options) added to menu, salad bars added, Fruit and Vegetable grant, Project Heart (Healthy Eating and Reading Together) pilots, and professional development for nutrition staff;
- Mental Health/Behavioral Health Interventions – new mental health team, revised policies/guidelines, mental health 101 for all staff, suicide prevention training for all staff annually, new memorandums of understanding (MOU's) with local partners, Second Step training, and professional development for counselors.

Additional accomplishments include school health services. In 2010/11 student visits to nurse totaled 51,105 (10,000 total student population). CSH helped implement electronic student nurse visit charting to document student visits, students sent home, and students sent back to class, as well as a diagnosis database. This data can be analyzed by school, student, reason seen, etc, per the district and is presented to the school board. Nurse visits have been a big justification for additional school nursing coverage and the electronic documentation has been instrumental in proving the case.

In such a short time, CSH in the Bradley County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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